



# Living Mindfully

Tuesday, 2nd and 9th August, 2022

10:00am—12:00 noon



Take time out to reconnect and build your relationship with yourself.

This 2 hour workshop provides women with the tools for healthy living for the mind, body and soul.

Please phone, **9831 2070** if you would like to book into this **FREE Face to Face** self care group.



Blacktown Women's and Girls' Health Centre +



North West Sydney Women's Domestic Violence Court Advocacy Service

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